

Experts offer spring break tips

By **Pattyewel**
Staff Reporter

Whether off to the mountains of Colorado, the beaches of South Padre Island or back home, a few tips from spring break experts can be the difference between having a good break or a great break.

For students traveling by bus, Marianella McFarland, customer service associate for Greyhound Bus Lines, said to travel light.

McFarland said because this was a busy travel time, if travelers brought more than a suitcase and a small bag, some luggage could be left behind until there was room for it on another bus.

For students planning on driving themselves, Hal Mischnick, travel counselor for the American Automobile Association, said students should have their car inspected by a mechanic and make sure their insurance was up to date.

He suggested driving during the day, not driving too many hours in a row and watching weather reports.

For European travelers, Kathryn Spencer, a travel agent for Allied Tour and Travel, suggested checking into the services provided for young adult travelers.

Also, Spencer said, students should look into youth rail passes. Students can travel all over Europe with these passes for a minimal amount of money.

Spencer said students traveling to Mexico should bring Pepto Bismol or an equivalent. In Mexico, she said, the

food may be prepared with unsanitary water that can make students sick.

Also, Spencer said, students should reconfirm reservations, because hotels and resorts "overbook like crazy on spring break."

For safety's sake, Spencer said students should try not to look like tourists, labeling them as easy targets.

"Don't go to Cancun and wear a spring break T-shirt."

Students also need to be aware of other dangers on spring break.

Alcohol and heat do not mix, said Peg Kopetka, bartender at WC's. Kopetka said the heat would make students perspire and lose a lot of fluids. Thus, they will be thirsty and able to drink faster than they would sitting in a bar in Lincoln.

Kopetka suggested opting for drinks that contained fruit juices instead of opting for beer and being careful not to overindulge on shots.

The sun, on the beach or on the ski slopes, can also be a danger.

Dr. Rex Largen, a dermatologist with South Lincoln Dermatology and the University Health Center, said students who had not been out in the sun all winter needed to be careful.

Largen said students needed to avoid the severe sunburn that could lead to a significant increase in the risk of skin cancer, freckling and premature aging.

Largen said to avoid a severe burn, students should limit their initial exposure to the sun, try to stay out of the sun between the hours of 11 a.m. and 2 p.m., and use a sunscreen with a sun protection factor of 15.



Jeff Haller/DN

Helen Sexton, left, a Sue Tidball Award winner, talks with Pamela Imperato, a graduate student teaching assistant, in Sexton's office Wednesday.

Political science staffer wins award

By **Kara G. Morrison**
Senior Reporter

Helen Sexton's office is easy to recognize.

It's the one with a stream of faculty and students stopping by for assistance, advice and tips on weekend plans.

Many just stop by to say hello to the woman who always seems to have a smile to share.

"This is a woman who has no enemies," political science professor David Forsythe says.

Sexton, a staff assistant in the political science department, is one of two recipients of the 1994 Sue Tidball Award for Creative Humanity.

"She fits the description of the award perfectly," says Forsythe, who nominated Sexton. "The description is to go beyond what is required to make the university a nice place in which to work."

Sexton admits she is known for remembering people's birthdays, for setting up weekend social mixers between graduate students and faculty and for helping solve often serious personal problems.

But Sexton doesn't see her ef-

forts as out of the ordinary.

She brings desserts for special occasions or calls radio stations to announce faculty members' special days.

"It's something so simple," Sexton says, "but it's kind of fun. I think it touches them that someone remembers."

Other ways she reaches out aren't quite so simple.

Recently, Sexton spent time collecting money for a foreign graduate student who had a baby.

When Sexton delivered the more than \$200 she had collected, along with some food she had made, the new mother broke down in tears.

"The baby was born with jaundice," Sexton explained. "They didn't have health care for the baby and didn't know how to get help."

Sexton and a friend put the family in touch with the Health Department.

"The baby's healthy now," Sexton says and smiles.

Another time, Sexton helped a graduate student get the financial help he and his wife needed when they found out they were expecting a child.

Sexton also is known for offering graduate students and foreign students a place to spend breaks or holidays when they are unable to go home. And, she says, she likes to make life for faculty and graduate students a little more fun by planning social events.

"We always try to be creative," Sexton says.

On their last outing, Sexton says, about a dozen faculty and graduate students went to the tiny town of Bee for beer and fish and chips.

"Some graduate students are so focused on school," Sexton explains. "They need to know they can have fun, too."

Sexton admits the extra time she takes to listen to personal problems sometimes cuts into her work.

She says she often has to come in on Saturdays to catch up on her work, but she doesn't regret the extra time she takes for people.

"I really love this department," Sexton says. "It's just like family."

Her efforts don't go unnoticed. "What doesn't she do for the department?" Forsythe says. "She adds a lot of personality and a lot of caring."

Harding pleads guilty to cover-up

PORTLAND, Ore. (AP) — Tonya Harding pleaded guilty Wednesday to conspiracy to hinder prosecution in the attack on Olympic figure skater Nancy Kerrigan.

Harding was fined \$100,000 and agreed to three years of supervised probation. Harding also will donate \$50,000 to the Special Olympics and pay \$10,000 in court costs to Multnomah County.

The U.S. national figure skating champion also agreed to undergo a psychiatric examination and accept whatever treatment was recommended.

Harding also resigned from the U.S. Figure Skating Association, ending her amateur career.

Harding pleaded guilty to one count of conspiring to hinder prosecution in

the Jan. 6 attack. Kerrigan was struck in the knee, forcing her to withdraw from the U.S. Figure Skating Championships in Detroit. Harding then won the championship and qualified for the Olympics.

Under a plea agreement with prosecutors, Harding will face no jail time. She will perform 500 hours of community service. In return, there will be no further prosecution of Harding by any jurisdiction.

Harding entered the plea at a hearing before Donald Londer, presiding judge in Multnomah County Circuit Court.

"I'm really sorry if I interfered," Harding told Londer after he accepted her plea.

Before accepting her plea, Londer asked Harding if she suffered from

any emotional or psychological problems.

"I don't know," she replied. Deputy District Attorney Norm Frink said after the hearing that there was "substantial evidence to support Ms. Harding's involvement prior to the assault."

"She's not going to plead guilty to it, but I think the facts speak for themselves." Frink said it was in the best interest of the state to accept the plea agreement because of the potentially high cost of a trial.

Kerrigan's father, Daniel, emerged from the family home in Stoneham, Mass., Wednesday night to say Nancy and the family wanted more time to mull the events before they made any comment.

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(Not as hot either.)

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